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Parental Expectations and Developmental Benefits of Early-Age Baby Swimming Activities

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Abstract
Baby swimming for children aged 6-36 months is experiencing increasing popularity. This program involves exercises in the water for 30-60 minutes, water-based activities can serve as another way to foster early childhood skills. Baby swimming's effects include instilling a sense of freedom, strength, and confidence in the water early on, offering diverse sensory experiences, and promoting children's physical and mental development. This study explores parental expectations and perceptions regarding baby swimming and its benefits for infant development. The methodology used is a literature review with a scoping review, following the PRISMA-ScR guidelines and the PICO framework, which consists of Population, Intervention, Comparison, and Outcome. The research results show that parents believe water activities such as baby swimming are good for infants' physical health and children's mental development. Parents' views on baby swimming are influenced by personal experiences, swimming abilities, knowledge, and current trends. Health and developmental advantages for children, alongside economic and environmental considerations, lead parents to select baby swimming. The quality of service dictates their satisfaction.
Keywords: *Baby Swimming, Aquatik, Parent-Infant, Early Childhood.*

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Introduction
The family is the first place where children learn and socialize and is a determining factor in their development (Allen et al., 2021). Parents as companions and learners for their children especially in the early life of the child being an infant, because they are not yet experts in the role of parents, They require insightful guidance to educate their children appropriately. (Ahrendt, 2002). The process of educating children through the psychological to physical growth and development of children

Experiencing a significant increase in participation, swimming is a popular physical activity that includes "baby swim," an underwater exercise program for infants aged about 6 to 36 months with a duration of 30 to 60 minutes, in order to improve infant development as well as parental competence in developing parental skills (Kano et al., 2024). In baby swimming classes, it is not only the role of the instructor to protect, guide, and teach the baby but also the parents, because the swimming pool is a fun place for parents and babies to explore movement and sensation in the water. This allows parents to enjoy playing with their babies, while the baby experiences the unique sensation of water and freedom of movement (Ahrendt, 2002). Research underscores the importance of safe baby swimming for stimulating

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early infant development. Leo et al., (2022) Building on this, Febrianta, (2016) suggests that aquatic activities can be used as an alternative means to cultivate early childhood skills.

Exploring the research findings on the effects of baby swimming such as, the swimming from an early age is a good way to help children feel free, strength and confidence in the water and it provides different sensory experiences and helps children to develop their physical and mental abilities(Prima et al., 2022). Swimming and other water sports are medically recognized for their positive effects on human development, physiology, and as alternative therapies for illness (Wróblewski et al., 2024). Furthermore, parents concurred on the positive impact of infant swimming on their approach to water-based physical activity with their children, a trend observed more frequently in urban environments (Pawłowska & Żarów, 2024). The effect of parents' perspective on physical activity is divided into six namely, leisure time activity, types of sport the children participate to, goals of the children in participating to swimming, focusing on its effects on children's development and health, the significance of parent participation, and the provision of swimming facilities (Aygün, 2016). These studies provide an overview of the cross-benefits between infant-parent as also many other indicators that influence parents to choose or avoid this activity for their baby.

Experts in health consider physical activity advantageous for enhancing infants' body construction and posture. Mrs. Dolata-Łubkowska's 1992 study demonstrated that physical activity in water contributes to the healthy development of spinal curvature and has corrective potential (Harasimowicz, 2018). The health advantages, social interaction, and simple integration of play make water sports such as swimming suitable for people of all ages. This is also supported by the fact that children aged 0-4 years develop at a similar rate to those aged 4-8 years in the context of such activities (Febrianta, 2016; Jenal Abidin et al., 2023).

A research in Aceh, Indonesia, involving parents' perceptions of physical activity showed that parents believe that children's physical and mental development is influenced by various factors, not just aquatic lessons. They felt that other subjects had a much more substantial effect on children's mental development(Wahyudi et al., 2020). However, research in Jakarta, Indonesia, an urban area, shows that parents realize that physical activity is important and even needs to be improved in daily life (Bachtiar et al., 2024). This assumption emerges from the observed awareness and support that urban parents tend to provide for their children's activities. It is important to develop a scientific approach when some parents have their own hopes and expectations for long-term child development. There are scientifically established benefits of water physical activity that the authors assume can influence the components of early childhood development.

The other effects are the parents' perception of the contra effects, which are the risk of water safety, external disease due to water contamination, and parents' background experience of water activities (Febrianta, 2016; Harasimowicz, 2018; Jenal Abidin et al., 2023). Parental relationships have a major impact on the social life of children from an early age. The study has found that children's sport habits are positively correlated with their parents and parenting style (Hosokawa et al., 2023; Velija & Allen, 2024). However, a thorough exploration of parental beliefs regarding this activity is needed to understand their expectations and hopes. This in-depth understanding will subsequently enable them to make knowledgeable selections concerning their children's early participation in water-based activities, especially baby swimming, beginning at a very young age, even infancy.

Methodology

The study used a qualitative method of literature review on parental expectations in the context of parental perceptions of water physical activity and perceptions of the benefits of baby swimming. The method used was a scoping review by following the PRISMA ScR guidelines and the research stages of Arksey and O'Malley, which include identifying research questions, relevant studies, selecting the studies, data extraction, collecting, summarizing and writing the results. Specific keywords were selected and organized according to the PICO

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framework which consisted of Population, Intervention, Comparison, and Outcome. This PICO model helps to ensure the research questions are relevant (Eriksen & Frandsen, 2018).

Identifying the research question: This article utilises open access search databases such as Google Scholar, Science Direct, Taylor and Francis, and various local journals, using the keywords listed in Table 1.

Table 1: The keywords used for this research

P	I	C	O
- Baby Swimming - Physical Water Activity	- Parent-infant perspective in water activity - Aquatic or water sport effect and benefits	- Swiming effect - Parent perseption component	Increasing parents' knowledge in choosing water physical activities

The research questions, based on the PICO table above, and then the literature was searched by using Google Scholar, Science Direct, Taylor and France, Mdpi, and local publications with keywords, namely *"baby swimming"*, *"physical activity"*, *"aquatic"*, *"parents infant"* , *"parent thoughts"*, *"water activity"*, *and "swimming effect for childrens"*. The primary data was collected from journals published between 2012-2024, indexed with ISSN, DOI, and Sinta and SJR for international journals.
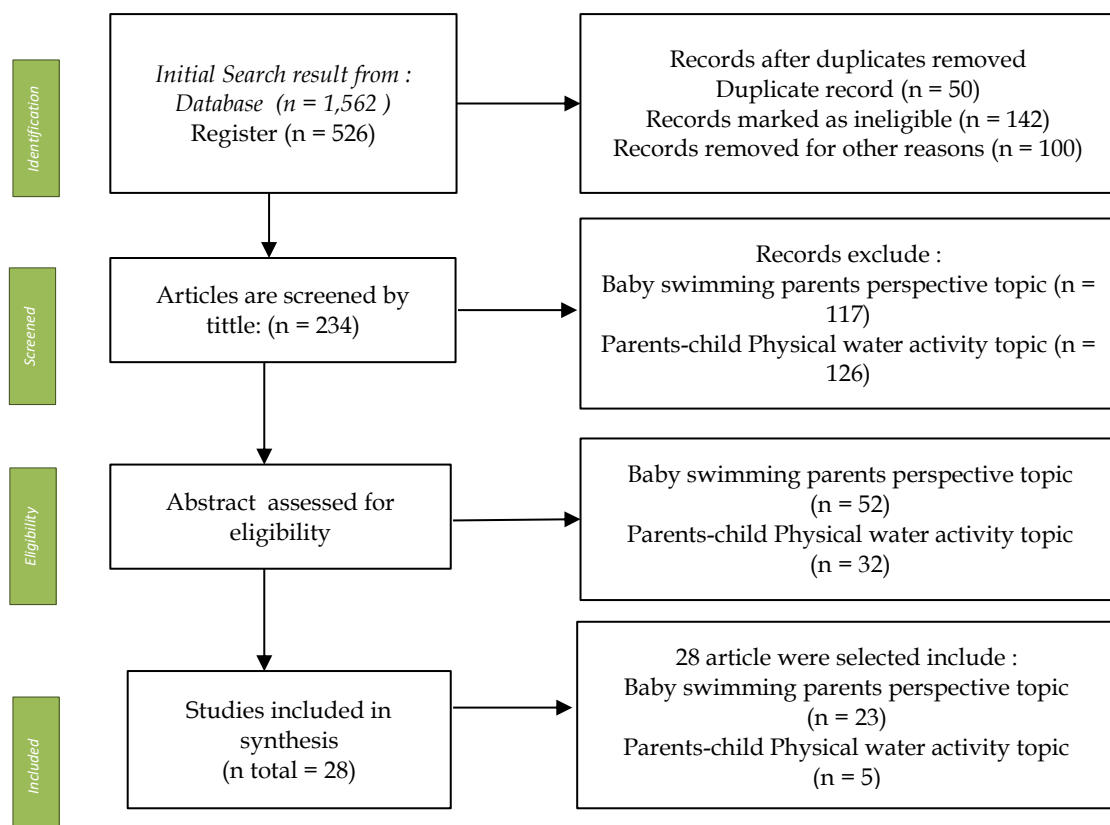
Figure 1: Literature Review Scheme

The primary expectations of parents regarding baby swimming, as shown by the journal's findings, are an increase in their children's safety in aquatic environments and the stimulation of their sensory development. This study also emphasizes that the level of parental satisfaction with baby swimming programs is greatly influenced by the quality of instructors,

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the availability of adequate facilities, as well as cost considerations. On the other hand, research indicates that participation in shared aquatic activities is an effective medium for parents to introduce positive concepts of health and physicaly to children from an early age.

Result and Discussion

Result

Parental perspectives are pivotal in the decision-making process regarding their children's involvement in aquatic activities, particularly baby swimming. Parents are inclined to choose this activity due to their awareness of its significant benefits for children's physical and mental development, including improved health, motor coordination, and self-confidence. Economic and environmental factors also influence this choice, and parental satisfaction is strongly linked to the quality of services provided.

Furthermore, studies indicate a positive correlation between children's sports habits and their parents, as well as parenting styles. Supportive and actively involved parents tend to have more physically active children. Therefore, a deep understanding of parental beliefs, hopes, and expectations concerning aquatic activities, especially baby swimming, is crucial. This information will empower parents to make more informed decisions and support their children's participation in these valuable activities from an early age. Additionally, when parents are involved in physical water activities with their children, it yields developmental advantages for the children while simultaneously reinforcing family relationships and cultivating positive views on physical activity from a young age.

Findings from various studies affirm that parents' positive perspectives play a crucial role in choosing aquatic activities, especially baby swimming, for their children. Furthermore, active parental participation in water activities with their children has proven to not only provide optimal developmental impact but also strengthen emotional bonds and improve the quality of family interaction. Research also indicates that parental support and involvement in aquatic activities tend to instil positive values related to health and fitness from an early age, potentially shaping active behaviours in the future.

The data extraction results are displayed in Table 2.

Table 2. Data Extraction Results

Author/Year	Country	Journal Name	Objective	Method	Conclusion
Nur, Hafina, Rusmana, (2020)	Indonesia	Scholaria: Jurnal Pendidikan Dan Kebudayaan	Identify water activity development contributes child cognitive	Qualitative Descriptive	Developing category findings in the Tasikmalaya Kindergarten that the score of children's cognitive abilities was 44% trough water activity child contribution
Dias & Okazaki (2013)	Brazil	Perceptual and Motor Skills	Analyse baby swimming help development of infants, provide safety environment, and led by experienced coach	Experimental Research Two Groups	Alberta Infant Motor Scale (AIMS) scores were examined before and after four months of swimming classes which is impact for early motor development
Sigmundsson, (2021)	Norway	Journal of Physical Education and Sport	Influence the concept of 'specificity of learning'	Qualitative Descriptive	Baby swimming is Focused training that can be a challenge in relation to skills, positive

Author/Year	Country	Journal Name	Objective	Method	Conclusion
			which means infants swimming practice will become proficient in skills		feedback, and self-monitoring. However, in Iceland may be important for support specific learning (motor development)
Pawlowska, A. B., & Zarow, R. (2024)	Poland	Health Promotion & Physical Activity	Analyse the factors of physical water-based activities for infants	Survey With Multiple Choice Questions	infants impact perceptions about physical water; individual experience with water, ability to parent swim, parent knowledge, and modern trend among parents
Gunes, (2024)	Turkish	BMC Sports Science, Medicine and Rehabilitation	Influence baby swimming's parent has access to educative activity are mostly supportive through their child participate	Quantitative Relational Research	Child participation is required by parents' education about aquatic activities and mostly they are supportive
Gonul et al, (2016)	Turkish	Ovidius University Annals, Series Physical Education and Sport/Science	Identify factors parents' decisions effect; environmental support, availability of facilities, finance, & social cultural	Descriptive Statistics (Frequency, Percentage and Mean) And Content Analysis	Parents decision affect is; 1) environment can influences their participate, 2) facilities are qualified, 3) finance or baby swimming cost ,4) social cultural is an important skill
Hamilton et al, (2024)	Australia	Journal of Safety Research	Identify theoretical of parents' decisions to attend baby swimming activities	Mixed Methods Design	Theoretical frameworks used in this case are; 1) Theory of planned behaviour, 2) Self-determination theory, 3) Motor development theory, 4) Physical activity and health theory, 5) Social Cognitive theory
Ozturk et al, (2017)	Turkish	European Journal of Physical Education and Sport Science	Influence the concept of children health development in early age	Quantitative Comparison T Test Two Independent Groups Anova Analysis	Agreed that swimming increasing endurance, posture changing, and help child development in early age
Kano et al, (2024)	Japan	BMC Sports Science, Medicine and Rehabilitation	Analysis the influence of main benefits of swimming ability as a physical water activity	Prospective Cohort Study Using the Japanese Version of The Ages and Stages Questionnaire (Third Edition)	Main Swimming benefits include: develop balancing, body coordination, muscle strength (gross motor), hand skills (fine motor), low impact exercise by minimum injury and still

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					provide full body exercise
Jakobowicz & Slodownik, 2024	Poland	Healthcare	Analysis the influence of swimming	Quantitative Non-Randomized Allocation and Parallel-Assignment Methods	Swimming benefits which are 1) water give supportive environment for infants, 2) floatability movement reduce confidence, 3) water resistance provide muscle strength without highly injury
Peden & Franklin, 2020	Australia	International Journal of Environmental Research and Public Health	Analysis the influence of physical water benefits	Quantitative Cluster Randomised Intervention Design with Mix Anova Model	swim benefits mentioned how to cope the fear of water which are. 1) psychological benefits, 2) strategies managing fears for child dealing the water trauma
Pratt, Duncan, & Oxford, 2023	UK	Children	Analysis the baby swimming benefits	Quantitative Cluster Randomised Intervention Design with Mix Anova Model	baby swimming benefits can be beneficial; 1) early motor skill development, 2) muscle strength development, 3) sensory simulation.
Santos et al, 2023	Portugal	International Journal of Environmental Research and Public Health	Analysis the benefits safety water for baby	Systematic Review with Prisma and PICO Model	baby can feel comfort if 1) the initial exposure reducing fear to water, 2) basic response such as breathing, body float, and 3) basic water safety skills
Santos et al, 2023	Portugal		Analysis the advantages of environment and equipment for baby swim	Descriptive Categorical Content Analysis Approach and Pilot Study	environment and equipment for baby swim according; 1) type of safety pool, 2) interesting toys for baby interactive and helps the stimulations
Prima et al, 2022	Ukraine	Scientific Journal of National Pedagogical Dragomanov University. Series 15. Scientific and Pedagogical Problems of Physical Culture (Physical Culture and Sports)	Analysis another baby swimming benefits	Analysis And Generalization of Data from Scientific and Methodological Literature.	baby swim health benefits; 1) strong physical development, 2) improve reflexes, 3) increased haemoglobin and oxygen, 4) deep sleep and increase appetite, 5) adaptation and self confidence
Wang & Hou, 2023	China	Francis Academic Press	Identify reasoning parents choose baby swim	Survey Research	parent child swimming built emotional connection strength not only physical well-being
Jaime R. Deluca (2013)	USA	Journal of Sport and Social Issues	Analysis Bourdieu theory of sport	Qualitative Ethnology Research Study	Baby swimming classes were seen as a means for upper-middle-class families to maintain and

Author/Year	Country	Journal Name	Objective	Method	Conclusion
			participates and social class position		strengthen their social status through the exclusive networks facilitated by the activity.
Jaime R. Deluca (2014)	USA	Leisure Studies	Analysis values of family social status that considered joined swimming's club	Ethnographic Methods	swimming clubs have proven to be a place for families to spend time together, strengthening family ties through collective activities. In addition, involvement in swimming clubs is considered an integral part of the family's hereditary traditions, reflecting values that are in line with their social standing.
Amelia, (2012)	Romania	Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health	Analysis family positive approach through swimming	Literature Review Study	research indicates that introducing swimming to children in a positive manner with active parental participation can provide considerable advantages for their physical growth and mental well-being.
Ahrendt (2002)	UK	Sports Publisher Association	Identify definition of parents needs to provide early infants life	Qualitative Study Research	Parents act as companions and learners for their young children, especially infants. As they are still developing their parenting skills, they need quality guidance on proper child-rearing.
Leo et al, (2022)	Italy	International Journal of Environmental Research and Public Health	Analysis the influence of infant stimulation in early age and beneficial	Pilot Study Experimental and Group Controls	Provided a safety environment, baby swimming can play a vital role in fostering early infant development. A majority of parents recognize the considerable benefits of aquatic activities for their children's physical and mental health
Wroblewski et al, (2024)	Poland	Quality in Sport	Identify water sport medical impact	Literature Review Study	Medical research indicates that swimming and other water sports positively impact human development and physiology and alternative therapy for illnesses also supports the idea of 'specificity of learning,' implying that proficiency is gained in skills that are directly trained.
Aygun, 2016	Turkish	International Journal of	Influence parents'	Qualitative Descriptive Study	Parents agreed that swimming activities can

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Author/Year	Country	Journal Name	Objective	Method	Conclusion
		Sport Culture and Science	reason to participating swimming activities	Phenomenological Design	create opportunity for family bond and set a positive role for their child
Harasimowicz, (2018)	Poland	Journal of Education, Health and Sport	Identify water physical activities have positive impact	Experimental Research Groups	Physical water (swimming) has positive impact which are to support normal child motor, cognitive or intellectual among children, social and emotional development because swimming can promote health actions aimed at actively parents spending time in swimming pools
Hosokawa et al, (2023)	Japan	BMC Sports Science, Medicine and Rehabilitation	Identify physical activity for child have direct logistical support from their parents	Survey Research Multiple Regression Analysis	When parents provided practical support, such as enrolling their children in sports clubs, their children were likely to have considerably higher levels of physical activity
Abidin et al, (2023)	Indonesia	Al-Abyadh	Identify swimming learning methods can optimize physical growth	Qualitative Questionary, Direct Observation, & In-Dept Interview	Physical motor skills is essential for optimizing child growth and development by swimming learning method
Velija et al, 2024	UK	International Review for the Sociology of Sport	Identify parents support trough sport activities	Qualitative by Data Collected Semi Stuctured Interview	Based on England area, almost parents provide sport activities for improving child's social and health benefits, so they know it was important decision making
Febrianta, 2016	Indonesia	Al-Athfal: Jurnal Pendidikan Anak	Knowing aquatic activity can be affected to children develop	Literature Review Study	As a result, participating in aquatic exercises can be a different approach to cultivating early childhood abilities.

Discussion

Parent Infant Expectations on Baby Swimming

Majority of parents admit that aquatic activities have significant benefits for both physical and mental health of their children, including improvement in health, motor coordination and self-confidence (Gunes, 2024). They consider swimming capable of increasing stamina, improving body alignment, and helping children establish healthy routines early in life (Öztürk et al., 2017). Several parents are also participating in swimming activities, which creates opportunities for family bonding and setting a positive role model for their children (Aygün, 2016). Water activity engagement not only improves gross motor skills but also contributes positively to children's cognitive development (Nur et al., 2020). It is recommended that baby swimming is an activity that can help with the overall development of infants, providing it is conducted under a safety environment and is led by an experienced

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instructor (Dias et al., 2013). Practicing infant swimming reinforces the 'specificity of learning' concept, which suggests that skill mastery is achieved through focused training on the exact skills desired (Sigmundsson, 2021).

A number of elements shape how people perceive physical water activities for infants, including personal experience with water, parents' swimming proficiency, understanding of baby swimming activities, and the degree to which these activities are favored by modern parents. (Bańbur-Pawłowska & Żarów, 2024). Those parents who have access to information and education about aquatic activities (*baby swimming*) tend to be more supportive of their children's participation in these activities (Gunes, 2024). The following also play a role in how parents make decisions: **(1)** the environmental setting and the support of friends or acquaintances who participate; **(2)** how easily they can access safe swimming facilities with qualified instructors; and **(3)** their financial situation and the time they have available; **(4)** Social and cultural factors of swimming is an important skill, meanwhile in other cultures, This activity might not be easily accessible to everyone (Gonul et al., 2016).

There are theoretical frameworks that are explained in reinforcing why parents decide to choose swimming activities for their children since babies according to Hamilton et al., (2024) namely **(1)** Theory of Planned Behavior is used to understand how attitudes, social norms, and the control of their behavior affect an individual's intention to make decisions, in this case related to the signing up their children in swimming courses; **(2)** The study will employ Self-Determination Theory to measure the intrinsic motivation of parents who willingly choose for their children to learn to swim, based on their belief in its significance for child development; **(3)** Furthermore, the framework of Motor Development Theory will be employed, considering swimming as an activity that encourages foundational motor abilities, particularly during the involuntary action phase of infancy (0-1 years); **(4)** Additionally, the Physical Activity and Health Theory will be utilized, which posits that physical activity contributes to the development of the heart, lungs, muscles, and bones, as well as weight regulation and children's mental and social well-being; **(5)** Social Cognitive Theory will be applied, proposing that individuals learn from their social environment through observation, imitation, and direct experience, especially regarding parents' positive experiences with swimming.

Baby swimming is generally seen by parents as a promising way to boost their child's motor development, physical health, and social skills. However, their decision to send their child to a baby swimming class was also influenced by cost, accessibility, and social and cultural support.

Benefits of Physical Water Activities in Early Age

Water physical activity is not only about exercise, but also has a positive impact on children's motor, cognitive, social and emotional development (Harasimowicz, 2018).Parents' direct support, especially in logistical support and utilization of community resources, are important in encouraging children's physical activity (Hosokawa et al., 2023). The proper implementation of swimming learning methods can help children develop their motor skills, which is essential for optimizing physical growth and development (Jenal Abidin et al., 2023).

Physical water activity has a wide range of benefits for children, especially if it begins at an early age and is regularly practiced. The main benefits according to Kano et al., (2024) include: encompass swimming's role in the early development of balance, body coordination, and gross motor skills. In addition, physical activity in water supports the growth of hand skills and fine motor control. Notably, swimming offers a unique advantage as a low-impact physical activity that provides a comprehensive full-body workout while minimizing the risk of injury. Furthermore, the other benefits according to Jakobowicz & Ogonowska-Slodownik, (2024) are **(1)** Distinctive characteristics of water, including its buoyancy and resistance, create a facilitating setting for the development of infants' motor skills; **(2)** By reducing the gravitational load on joints, water's buoyancy allows babies to move with increased freedom

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and confidence; **(3)** Water resistance also provides a suitable stimulus for muscle strengthening without a high risk of injury. In addition to the important points mentioned earlier, there are conflicting opinions on the importance of water safety, namely some parents who have water trauma but still choose this activity so that their children can avoid the fear of water. It found the benefits of physical activity and how to cope with children's fears according to Peden & Franklin, (2020), which are **(1)** Psychological benefits, If properly trained, swimming can increase children's self-confidence and decrease stress; **(2)** Strategies for managing fears, Using a gradual approach, creating a safety environment, and having an experienced instructor can help children to deal with water trauma.

Water activity programs in specifically baby swimming have quite extensive benefits including, according to Pratt et al., (2023) swimming programs that are specifically designed can be beneficial in **(1)** Early Motor Skill Development, such as coordination and balance; **(2)** Improved Muscle Strength, through water movements that encourage muscle development; **(3)** Sensory Stimulation, the aquatic environment offers different sensory experiences that can stimulate infants' sensory development.. There are also other benefits that help babies adapt to water and improve safety according to Santos et al., (2023) i.e. (1) Introducing babies to water early on can develop a sense of comfort in the aquatic environment and reduce their fears of water; (2) Early water exposure allows infants to learn basic aquatic reactions, including holding their breath and using body movements to stay afloat, before they possess the ability to swim independently; (3) Acquiring fundamental water safety abilities early in life can play a vital part in the prevention of drowning accidents later on. According to Prima et al., (2022) Baby swimming appears to result in multiple benefits for infants, including not only significant physical growth and improved motor responses but also increased hemoglobin and oxygen levels, better sleep habits, greater appetite, and enhanced adaptation along with self-confidence.. There are advantages seen from the different environments and equipment according to Santos, Burnay, Cruz, et al., (2023), i.e. **(1)** Infant-friendly pools need a controlled and safe physical environment that allows babies to move freely; **(2)** To promote baby's confidence and safety in the water, buoys are utilized. Additionally, toys make swimming sessions more interesting and interactive, sparking the babies' curiosity and motivation.

Reasons Parents Choose Baby Swimming

Swimming together benefits children's physical health and reinforces the emotional bond with their parents (Wang & Hou, 2023). Investigations into parental motivations for choosing baby swimming are predominantly conducted among middle to upper-class families. Involvement in this activity often signifies social class differences, as its affordability tends to limit participation to parents with adequate financial resources (Allen et al., 2021). An American research on family swimming club membership explored that based on Pierre Bourdieu's theory of sports participation and social class position, it explained that membership in swimming clubs can serve as a tool for upper middle class families to reproduce and strengthen their social status, through the maintenance of exclusive social networks in the sense that this baby swimming class has facilitated their needs (DeLuca, 2013). Ethnographic studies found that swimming clubs provide a space for families to spend time together, strengthening family bonds through activities with each other, also membership in swimming clubs is considered part of an ongoing family tradition, reflecting values that reflect their social status (DeLuca, 2016).

These issues are driven by parents' level of satisfaction with baby swimming according to Gunes, (2024) i.e. **(1)** Parents are generally satisfied with the progress and benefits obtained by their children from swimming courses; **(2)** The satisfaction is affected by the professionalism and competence of swimming instructors; **(3)** Safe and clean environments, coupled with well-maintained swimming pool facilities, contribute to higher levels of parental satisfaction. Another reason for parents to send their children is supported by the results of

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Gonul et al., (2016), **(1)** Some parents have a high level of awareness about the positive contribution of swimming toward various aspects of child development; **(2)** The direction of parents is more influential than children's wills in determining their participation in swimming. In addition, there are psychological factors that determine parents' intention to register their children according to (Hamilton et al., 2024), namely **(1)** Intrinsically motivated parents for their child's well-being are more likely to take swimming classes; **(2)** Parents' beliefs about their ability to overcome barriers, such as cost or time constraints, positively influence their decision to take swimming courses; **(3)** Parents' increased recognition of the dangers of drowning or water-related incidents motivates them to take preventive action, such as enrolling their children in swimming education. A positive approach and active participation of parents in introducing swimming activity can produce notable benefits for their physical and cognitive growth (Amelia, 2012).

Several parents choose baby swimming for their children for different reasons, including physical health, baby development and growth, socio-cultural, and social status. The reasons parents choose baby swimming are multidimensional, involving considerations of child health and development, as well as environmental and financial factors. It is important for swimming facility providers and instructors to understanding the dynamics in order to able a supportive and safety environment for moms and their children.

Conclusion

Parents' Expectations of Baby Swimming are that parents typically recognize the physical and mental health benefits of aquatic activities for children, such as improved health, motor coordination and self-confidence. The factors of individual experience with water activities, parents' swimming ability, knowledge of baby swimming, and the popularity of this activity among modern parents influence their perceptions. Parents' decisions are also influenced by environmental factors, peer support, availability of facilities and instructors, financial factors, and social cultural factors. Collectively, parents have high expectations of baby swimming as a means to enhance their children's motor development, physical health and social skills. The baby swimming program specifically assists in early motor skill development, increased muscle strength, sensory stimulation, water adaptation, increased safety, and psychophysical development. The reasons parents choose baby swimming are multidimensional, involving health considerations, child development, as well as environmental and economic factors. Parent decisions are also influenced by socioeconomic status, with higher participation among the middle and upper classes. Their satisfaction depends on the quality of instructors, facilities and a safety environment. The limitations of this study are biased regarding research limitations in Indonesia, especially regarding the views and perceptions of parents' experiences of baby swimming and this is useful for developing a curriculum for physical activity for babies in water.

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